

Younger Children Temporary Lesson Structure

Younger Children (3 Years+)			
Main theme aim	<ul style="list-style-type: none"> • Introduce/recap travel. • Introduce aquatic breathing. • Introduce push and glides. 	Introduction	<ul style="list-style-type: none"> • Register, welcome and returning to lessons information / water safety.
		Entry	<ul style="list-style-type: none"> • Sitting entry or lying entry.
Main theme objective	<ul style="list-style-type: none"> • Move from a flat floating position on the front and return to standing with support. • Move forwards and sideways a distance of 5 metres feet may be on or off the floor with support. 	Warm-up	<ul style="list-style-type: none"> • Train game.
		Main theme	<ul style="list-style-type: none"> • Head, Shoulders, Knees and Toes. • Rockets and Fireworks.
Contrasting activity aim	<ul style="list-style-type: none"> • Introduce buoyancy and balance. • Introduce rotation and orientation. 	Contrasting activity	<ul style="list-style-type: none"> • Treasure Hunt.
		Exit	<ul style="list-style-type: none"> • Climb out or use steps
Contrasting activity objective	<ul style="list-style-type: none"> • Perform a range of travel around the pool area including rotation and orientation 	Conclusion	<ul style="list-style-type: none"> • Recap safety points – changing room protocol. • Pool rules recap to remember for the following lesson.
Equipment	<ul style="list-style-type: none"> • Noodles. • Arm discs. • Kickboards. 	Remember to keep each piece of equipment allocated per child and to follow clean down procedures at the end of each lesson.	
Returning to lesson rules and water safety	<ul style="list-style-type: none"> • Cover safe entry and exit, identify the lifeguard, and recap emergency procedures (these as standard Q&A on the poolside). • Cover the social distancing rules and how lessons maybe different - make instructions clear to parents/guardians/careers. 		

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Activity	Description
Train Game	In a circle with correct distancing travel in a clockwise direction, role playing going on a train journey. Place different obstacles around the lesson section for the swimmers to go under a bridge, through a tunnel, into the station and through a waterfall.
Treasure Hunt	Random spacing, travelling around the pool space collecting 'treasure' and returning it to a set point. To ensure minimal overlap of equipment/toys, you can allocate specific items to certain swimmers to collect. You could also have a number of return points to avoid overcrowding.
Head, Shoulders, Knees and Toes	Swimmers to find a space in the pool area, bear in mind social distancing. Singing the head, shoulders, knees and toes song whilst laying on their back, they then rotate and come to a vertical position for 'and eyes and ears and mouth and nose' and attempt to put each area of their face into the water, blowing bubbles out as they submerge their mouth, nose and eyes. Rotate to the back and repeat.
Rockets and Fireworks	Random spacing alongside the pool edges, hold on with feet on the wall. The swimmer can be supported by an adult where applicable. Extension on front with one hand on top of the other. On the 3, 2, 1 blast off they push off from the wall into a horizontal glide position on the surface of the water. 'Whoosh' like a rocket or firework and return to the side.

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Younger Children (3 Years+)			
Main theme aim	<ul style="list-style-type: none"> • Introduce/recap travel. • Introduce/recap aquatic breathing. • Introduce/recap floating. 	Introduction	<ul style="list-style-type: none"> • Register, welcome and returning to lessons Information/Water Safety.
		Entry	<ul style="list-style-type: none"> • Sitting entry or lying entry.
Main theme objective	<ul style="list-style-type: none"> • Perform a floating position on back or front with support. • Move forwards and sideways, feet may be on or off the floor with support. 	Warm-up	<ul style="list-style-type: none"> • Traffic lights.
		Main theme	<ul style="list-style-type: none"> • Wheels on the bus. • Twinkle, Twinkle Little Star.
Contrasting activity aim	<ul style="list-style-type: none"> • Introduce/recap sitting or jumping entries. 	Contrasting activity	<ul style="list-style-type: none"> • Humpty Dumpty.
		Exit	<ul style="list-style-type: none"> • Climb out or use steps.
Contrasting activity objective	<ul style="list-style-type: none"> • Perform a sitting entry or a jumping entry with support. • Perform a safe exit with support. 	Conclusion	<ul style="list-style-type: none"> • Recap safety points – changing room protocol. • Pool rules recap to remember for the following lesson.
Equipment	<ul style="list-style-type: none"> • Noodles. • Arm discs. • Kickboards. 	Remember to keep each piece of equipment allocated per child and to follow clean down procedures at the end of each lesson.	
Returning to lesson rules and water safety	<ul style="list-style-type: none"> • Cover safe entry and exit, identify the lifeguard, and recap emergency procedures (these as standard Q&A on the poolside). • Cover the social distancing rules and how lessons maybe different - make instructions clear to parents/guardians/careers. 		

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Activity	Description
Traffic Lights	<p>All swimmers pretending to be a car, moving freely through the water space. Use noodles out in front to simulate being in a car, as the teacher shows them the colour cues of traffic <u>lights</u> they change their actions.</p> <p>Green = Go. Move through the water.</p> <p>Red = Stop, float or standstill.</p> <p>Speed Bumps = Jumping up and down, add in blowing of bubbles for any submerging.</p> <p>Orange = Get ready to go, floating on their front.</p>
Humpty Dumpty	<p>Allowing for enough space between swimmers, use more than one side of the pool edge.</p> <p>Sitting or standing the swimmers on the side and sing the Humpty dumpty song.</p> <p>As you sing 'humpty dumpty had a great fall' adult lifts child into the water or the child can jump if applicable for ability.</p> <p>As you then sing 'Couldn't put humpty dumpty together again' the swimmers return to the side and can repeat.</p>
Wheels on the bus	<p>Travel around the pool, singing the wheels on the bus song, as the swimmers complete a different verse of the song they match it with an action.</p> <p>'The horn on the bus goes beep, beep' = Splash hands in the water.</p> <p>'The wipers on the bus go swish, swish, swish' = Move the arms from side to side under water.</p> <p>'The children on the bus jump up and down' = Adults lift the children up and down or without support children jump up and down. 'The mummy on the bus says shush, shush, shush' = lie back in the water, or rest back onto the adults shoulder as if sleeping.</p>
Twinkle, Twinkle Little Star	<p>Choose random spacing of the children, lying flat on their backs whilst singing the twinkle, twinkle little star song. Adult support can be provided. Either use a yoke hold or a cheek to cheek.</p>